

Don'ts: Being Younger Than Others

Summary

As time goes by, we cannot control our age. However, we can control appearance of ourselves. Then we can be looks younger than others, who are in the same age with you.

Body

There are five things we cannot do in our daily life or you will be older than others. The first thing is to be unhappy all day long.

Many scientists said that mood can affect a lot of things in our daily life. However, the bad mood may make you look older than others. If there is no expression on your face, the direct result is making the skin lack of nutrition and dry. Then you will suffer from wrinkle, which is the signal of aging. A soft and peaceful mood is the best reagents for beatify your face. You should take a smile with your face. You will be always beautiful.

The second is staying up

Because of the high-speed life and work, staying up is the inevitable thing in the office workers life. However, this can affect the activities of your skin, and then your skin will die. So we have to sleep at least 8 hours a day to regular the fatigue of skin, then it has enough energy for metabolism. We should follow this principle, because if time for sleeping is not enough, it will reflect on your skin, then you will be old so fast.

The third is using low-quality cosmetic

Cosmetic is very important for women. But we should pick up the high-quality cosmetic for ourselves. Thus, we can be beautiful and without any harm to our skin. There are many kinds of cosmetic sold in marketing, which one is the best one? We cannot tell it. However, I think the cosmetic with [olive oil](#) as ingredient is very good for skin. Because it is extracted from plants, so it is very healthy.

The fourth is drinking and smoking

Nicotine is the main ingredient in tobacco and it can cause many kinds of cancer, such as, lung cancer. What's more, it can also shrink the skin blood vessels, then wrinkle will be gradually climb up your face, which will make you be older than those who are in the same age with you. At the same condition, wine, liquid and beer are also harmful to our skin. They can reduce the amount of grease in the skin and then affect the function of skin indirectly.

Five things we mentioned here are the most important methods to protect our skin. Skin can cover our age and why don't you protect it? Cancel these incorrect deeds during your daily life. You will be young forever.

About the author

Olive oil is extracted from plant. The nature of it is very healthy. So it is not only very important in cosmetic but also in [Creative Proteomics](#) for biological researches.